



*No Stigma Network, Inc.* embraces a multi-modal approach to the concept of "Peer Support." We include evidence-based self-help practices at our meetings, such as stress-reduction techniques, physical activity, making sound nutritional choices, and proven communication and problem-solving skills. We encourage empathic listening and the practice of understanding and acceptance towards oneself and others.

*NSN* promotes education and awareness in its members through real-world experiences. The Young Adults Advisory Committee (YAAC) is continuously planning exciting, educational trips and events for the group.

With the goal of fostering effective social skills, *NSN* offers social events created and run by the members. Our annual summer picnic, Halloween, holiday, and bowling parties, as well as other events have been thoroughly enjoyed by members and their guests.



### Testimonials from our Young Adult Members:

*"NSN has helped me to grow as a person and the peer support has given me ideas on how to cope."* -Sara

*"Finding NSN has been one of the best things that has ever happened to me. The group has helped me gain confidence and friends."* -Riley

*"NSN is a group filled with supportive, caring, and positive members who have helped me deal with the struggles of my anxieties. NSN has encouraged me to have a positive outlook on life and to never give up!"* -Jenn

**Peer Support is one of the  
"10 Fundamental Components of  
Recovery" cited in a 2004 report issued  
by the Substance Abuse and Mental  
Health Services Administration  
(SAMHSA) of the U.S. Department of  
Health and Human Services.**

### *What is unique about NSN's approach to Peer Support?*

Young adults ages 18-30 face a multitude of challenges as they transition to adulthood. With this in mind our support groups feature an experienced facilitator who maintains structure and provides guidance for the meetings. In addition to the young adult support group, *NSN* also offers peer support for those over 30.

### **Young Adult Advisory Committee (YAAC)**

*NSN* provides a unique opportunity for young adult members to participate in determining the structure and content of *NSN* programs. The YAAC is comprised of 3-4 young adult members who have shown commitment to the mission and vision of *NSN*, plus a member of the *NSN* Executive Board.

The YAAC discusses the needs of the support group, and proposes social activities, outreach events, and discussion topics for support meetings, guided by the goal of fighting stigma while enhancing their own wellness and growth.

When approved by the Board, events are planned and carried out by the YAAC with the support and assistance of other *NSN* members. This process encourages the development of collaborative skills, validates members' sense of competence, and promotes community and purpose.